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COMMIT TO HEALTH
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CELEBS JOIN MALARIA FIGHT
SCENE {page 8}

VANCOUVER metro®
Tuesday, October 19, 2010
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B.C. Rail accused plead guilty

Critics say trial's end means what really happened in the 2003 sale of the Crown-owned railway won't be known NDP issues call for a public inquiry CN Rail purchased B.C. Rail in the fall of 2003

Nearly seven years after a shocking raid on the British Columbia legislature by Mounties investigating the $1-billion sale of B.C. Rail, another bombshell in the case dropped yesterday when two former government aides accused of political corruption entered surprise guilty pleas.

Dave Basi and Bobby Virk were sentenced to two years less a day of house arrest.

They pleaded guilty to revealing confidential information related to the sale of B.C. Rail in exchange for about $25,000 in cash and a trip to Colorado to watch an NFL game.

"Basi and Virk did not obtain the consent of their superiors to demand or accept these personal benefits," said an agreed statement of facts that was read to the court.

Aneal Basi, Dave Basi's cousin, was accused of money laundering but charges against him were dropped when Crown and defence lawyers agreed he had "no knowledge" of the offences Dave Basi was committing.

Reaction

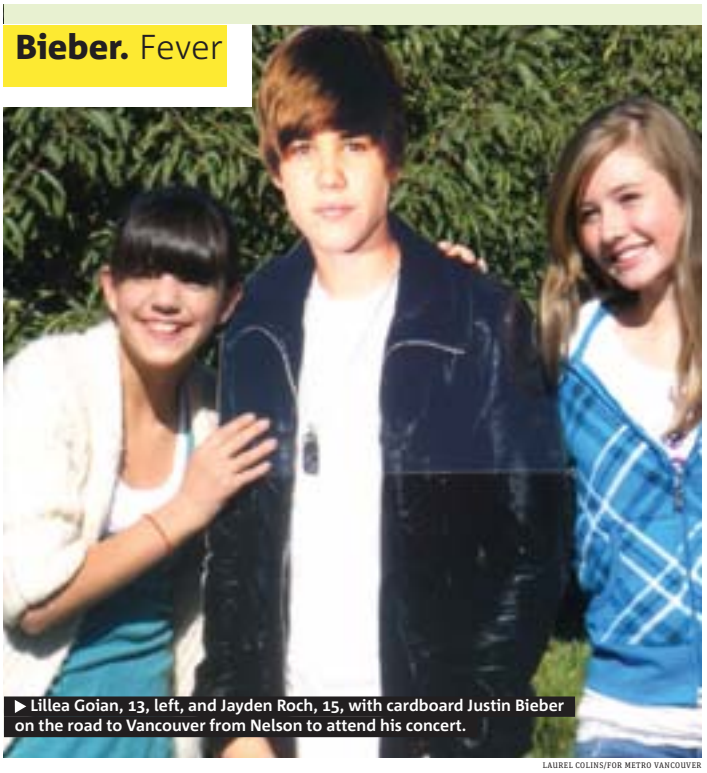
Outside court, after he was sentenced, Dave Basi told reporters the slow pace of the case was a factor in his plea.

- "My family does not deserve to go through this, whenever this is going to end," he said.
- "I'm going to go home now. I'm going to hug my family, I'm going to hug my mom, I'm going to hug my wife. I'm going to thank them, I'm going to thank my uncle for standing by me for seven years and this is the first day of the rest of my life."
- Bobby Virk said he was just as eager to see the case come to a close.
- "I'm going to go home today, I'm going to play with my kids," he told reporters. "It's over, I'm moving on, and that's all I have to say."

Lawyers from both sides also agreed B.C. Rail and the committee evaluating the sale knew nothing of the scheme.

THE CANADIAN PRESS

Bieber. Fever



▶ Lillea Goian, 13, left, and Jayden Roch, 15, with cardboard Justin Bieber on the road to Vancouver from Nelson to attend his concert.

LAUREL COLINS/FOR METRO VANCOUVER

Adoring fans flocking to concert

Thousands of Justin Bieber fans, including some from far in the B.C. Interior, have been eagerly awaiting the singer's concert at Rogers Arena tonight. So far, Bieber's time in Vancouver has been turbulent after a laser tag incident that has gone viral online. Story, page 3.

Depravity laid bare in court

Colonel posed in stolen underwear for pornographic photos {page 5}

Doubling down on KFC

Taste testing the artery-clogging bunless sandwich {page 4}

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Paper Bieber goes on tour

Lillea Goian, 13, and Jayden Roch, 15, are in Vancouver after making an eight-hour pilgrimage from Nelson, B.C., to watch their idol sing tonight.

And they brought a life-sized cardboard cutout of Justin Bieber with them.

"We stopped at all the little landmarks along the way," said Goian's mom, Laurel Colins.

"We stopped at Keremeos and took pictures at Farmer Joe's Petting Zoo," said Goian. "He was on tour!"

Colins joked that the girls sparked Bieber sightings as they travelled with the cardboard doppelganger.

Goian and Roch's VIP tickets for the sold-out concert tonight are a reward from Colins for their hard work competing internationally with their jump-rope team.

"We get to go to his before-party and sound check, and we get to stand right in front of the stage," said Roch.

What makes Justin the teen heartthrob he is?

"His looks," Goian said grinning.

"He's amazing! I love everything about him," she gushed half-jokingly as she held her shopping bags of new clothes for the concert. "And he has a really good singing voice."

STEPHANIE ORFORD

LAUREL COLINS/FOR METRO VANCOUVER

▶ Lillea Goian, 13, right, and Jayden Roch, 15, with a cardboard Justin Bieber.

Laser tag?

- A Justin Bieber biographer says he's surprised to hear that the uber-famous pop star might have ventured out for a game of laser tag.
- Chas Newkey-Burden says Bieber rarely strays far from his hotel room when he's on tour and when he does go out, he usually has his mother by his side.
- RCMP are investigating an incident at a Richmond laser tag facility between a 12-year-old boy and another boy, who media reports have identified as Bieber.

THE CANADIAN PRESS

Drunk driving laws fuel low-alcohol menu

B.C.'s new drunk driving laws the toughest in the country

New regulations drop the legal blood alcohol limit to 0.05

In response to B.C.'s tough new drinking and driving laws, one popular restaurant has launched a "low-alcohol" menu that includes options like half-shot cocktails and beer and wine with lower levels of alcohol.

Cactus Club Cafe introduced the new menu options at its North Burnaby location on Friday and today will roll it out in five other suburban locations, including Coquitlam, Market Crossing (Burnaby) and Park Royal.

"Based on customer feedback, it could potentially go to all B.C. locations," said Sam Zavari, Cactus' bar operations manager.

Ian Tostenson, president and CEO of the B.C. Restaurant and Foodservices Association, said restaurants, anecdotally, have seen a 10 to 20 per cent reduction in sales since B.C.'s new drinking and driving legislation came into effect on Sept. 20.

"For restaurants it's all about being innovative right now and finding new ways."
IAN TOSTENSON,
BCRFA PRESIDENT AND CEO

"You're not seeing the second glass of wine," Tostenson said. "You're seeing 'a' glass of wine. And that's having an impact."

He said the decrease in sales is amplified in suburban areas where people are more likely to drive to a restaurant.

JEFF HODSON

JEFF HODSON/METRO VANCOUVER

▶ Cactus Club's Sam Zavari pours a half-shot "brazilian" at the chain's Broadway and Ash location yesterday.

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

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3 The codes will direct your mobile browser to relevant content at m.metronews.ca

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Allan Small explores the benefits of 'fallen angel' investments at metronews.ca/investing

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Advertisement

The common sense cookie jar.

Paying yourself first is a smart way to save for any emergency

Maria Contreras
RBC Royal Bank® Product Manager, Savings Accounts

If your family was like mine growing up, your mom and dad had a cookie jar or shoe box with bills and coins saved up for a rainy day.

Nowadays we may call it an emergency fund and keep the money in a bank account but the principle is the same – funds we can draw on when the unforeseen happens – like a car breaking down or a fridge on the fritz.

But the reality is, while nearly half of Canadians aim to save for an emergency, only one-third are diligent about it and make regular contributions to a savings account.†

For the rest of us, the challenge isn't a desire to save – it's simply finding a disciplined and regular approach to do it.

You always come first. The key, it turns out, is paying yourself first.

Because the truth is there'll always be something else to do with money that's lying around. So the trick is to never let it lie around in the first place!

Start by setting up a separate, dedicated savings account with automatic online transfers from your paycheque – that way you'll always put aside the funds you need to help reach your emergency fund goal.

And how do you decide on an appropriate rainy day goal? Most financial experts recommend that you set aside about three months' salary. That's a big chunk of change and will likely take some time to accumulate but that's okay – don't be deterred. Start small with $10 or $25 automatically transferred into your emergency fund every week and as the months go by, $25 will become $50 then $100 and in a year or so you could have $1,000 or more saved up – you'll be amazed how quickly it adds up!

YOUR EMERGENCY FUND 1-2-3

1. **Open a dedicated savings account:** And remember to set up automatic online transfers to pay yourself first, right after payday.
2. **Set your goal and a timeline:** Saving three months' salary is ideal for the long term. How long it takes and how much you save each paycheque is your call.
3. **How much are you spending and where can you save?** Have a look at your budget over two or three months and look for patterns. Once you find one or two, adjust your spending habits to reach your goal sooner.

Need more tips and advice to help you save for an emergency fund?
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Anniversary of murders weighs on families

- One man, Dennis Karbovanec, pleaded guilty in 2009
- Several other suspects in custody and awaiting trial

JEFF HODSON
@METRONEWS.CA

It has been three tough, heartbreaking years for the families of two innocent victims murdered in B.C.'s worst gangland slaying.

Three years ago today, six men, including bystanders Christopher Mohan and Ed Schellenberg, were found murdered inside a high-rise apartment in Whalley.

"My only hope is that justice will be given to my son and that his life wasn't taken in vain," said Eileen Mohan, Christopher's mother, who expects a trial in the next three to five years.

"When your son grows up to be the guy you wanted him to be, you feel like you're free, like you've won the lottery. When someone comes and just snatches their life like that — just because they could — for us to digest that is very difficult."

CONTRIBUTED

▶ Chris Mohan

Steve Brown, brother-in-law of fireplace repairman Ed Schellenberg, said the ordeal has stretched his family's faith, but hopes it becomes "a lightning rod for change" in B.C.'s justice system. He's hosting a town hall meeting on the subject in Abbotsford tonight, alongside that city's mayor and police chief.

"I'm convinced that the impetus for change has to come from ordinary people," Brown said.

RCMP Cpl. Dale Carr said the Surrey Six homicide is a "massive" ongoing file. More than 40 investigators and support staff remain on the case and more than 1,200 police employees have been involved in some part of the investigation.

DOUBLE THE FUN

Opinion

KRISTEN THOMPSON

KRISTEN THOMPSON/METRO VANCOUVER

▶ Mae Kakizaki tries out the new Double Down outside the KFC on Davie Street yesterday.

I ate one-third of a KFC Double Down yesterday — for journalistic reasons, of course — and I regret nothing.

My verdict: A tad too salty, not enough crispy coating, but with a delightful aftertaste.

The new sandwich — if you can call it that, since it's cheese and bacon sandwiched between two pieces of fried chicken — made its Canadian debut yesterday.

So curious was our newsroom to try the salty beast, which packs a whopping 540 calories, that I headed to KFC to bring a few back.

It seems we weren't the only ones with that idea and I got the last three Double Downs before the Davie Street KFC sold out at noon.

People in line turned away in disappointment.

Marshall Mulcaster had planned to bring four back to his office.

"I came out because they were talking about it on the radio," he said. "I was so looking forward to clogging my arteries today."

The restaurant was expected to get a new batch at 2 p.m.

Tweets

Metro asked its Twitter followers what they thought about the Double Down:

- **@jpadamson**
  Heart attack inducing. Not fresh tasting. Too salty and too cheesy. But glad I did it
- **@JordanOrtillan**
  the Double Down is an awful salt bomb
- **@crease222**
  It was oh so wrong and oh so right. Yum! Bought a Wii dance mat to work it off

Pick up a Metro on Thursday to read food columnist Joan Chang's take on the Double Down.

Court hears of colonel's depravity

Williams is entitled to a pension despite guilty plea

TAMMY HOY/THE CANADIAN PRESS

▶ Col. Russell Williams is shown in a sketch as he appeared in court in Belleville, Ont. yesterday.

Col. Russell Williams indulged his fetish for women's and girl's lingerie by taking thousands of pornographic photographs of himself wearing their stolen underwear — and sometimes masturbating for the camera — before his sexual obsession escalated to murder, court heard yesterday.

Graphic images of the decorated Canadian military commander posed in the lingerie he collected flashed on screens in an eastern Ontario court, after Williams pleaded guilty to two murders, two sexual assaults and 82 break and enters.

Court heard Williams broke into at least a dozen bedrooms of girls under the age of 18, including one shared by 11-year-old twin girls.

The commander was expressionless as he entered the court shackled at the ankles and handcuffed.

THE CANADIAN PRESS

Documented

- Col. Russell Williams was so obsessive in his collection of undergarments that he had to burn some of his trophies in a field to make room for more.
- Williams kept a "complex" filing system and a log of all his offences. Photos were time- and date-stamped and kept on hard drives that were found stored in the ceiling in the basement of his Ottawa home.
- Williams reportedly came to the attention of police at a Feb. 4 roadside checkpoint — just days after Jessica Lloyd was killed — when his SUV's tires were linked to tread marks at one of the crime scenes.

Bin Laden likely in Pakistan: Official

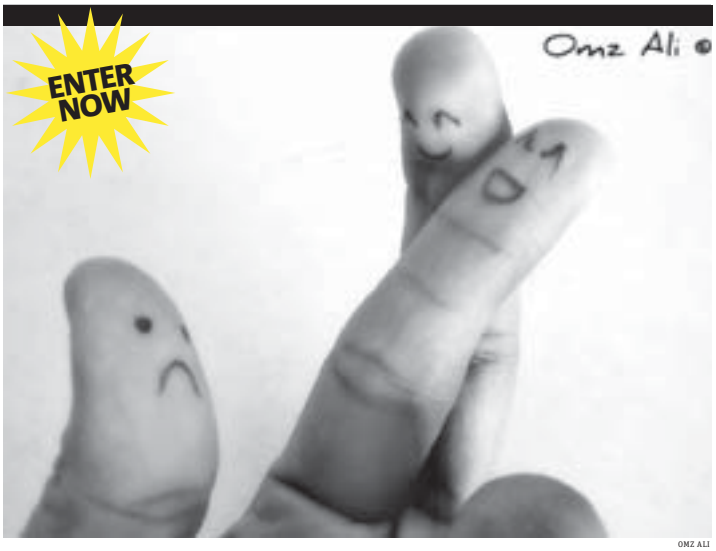
THE ASSOCIATED PRESS FILE PHOTO

▶ Osama bin Laden

A senior NATO official said that Osama bin Laden and his deputy Ayman al-Zawahiri are believed to be living in relative comfort in Pakistan houses and not hidden away in a cave.

The official told CNN that the two al-Qaida figures are not living together, but are hiding close to each other somewhere in northwest Pakistan.

"Nobody in al-Qaida is living in a cave," he told CNN. THE ASSOCIATED PRESS



OMZ ALI

A True Love match

Today's photo of the day is by Canadian Omz Ali and was submitted in the Emotions category. The photo is titled: The True Love. Enter your photos today and view more pictures at metrophotochallenge.ca.

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PARTNERING UP AND PACKING ON POUNDS

She says ...

JESSICA NAPIER

The old cliché suggests that women who have been recently dumped will spend months moping on the couch devouring endless tubs of ice cream. In reality this is completely untrue.

Okay, the ice-cream depress-fest might happen for a day or two but then a post-breakup fitness regime takes over. Newly single ladies will often develop an unwavering enthusiasm for the treadmill in an effort to get back into fighting (flirting) form.

So while a breakup can be the catalyst for a renewed dedication to trim down, a fresh new romance will often have the opposite effect.

Coupling up inevitably results in a change in lifestyle. You stop attending those 9 a.m. exercise classes in favour of Sunday morning brunch dates with gluttonous plates of pancakes. All night dance-a-thons with single girlfriends are a distant memory as you become accustomed to spending lazy nights in, cozying up on the couch with your mate.

"In some ways, falling in love gives you licence to let yourself go."

And while your sex life might have improved significantly, these romantic romps can quickly turn into your only source of cardio as you settle down into relationship mode. In some ways, falling in love gives you licence to let yourself go.

For me, being in a relationship has meant that my eating habits have undergone a significant transformation. As a single girl living on my own, a simple salad or a bowl of cereal were perfectly satisfying dinner options. However, now that I'm part of a domestic duo I spend hours preparing homemade spaghetti bolognese and baking decadent apple pies with my live-in love. This late night feasting is delicious, but it's also very detrimental to the waistline.

In order to keep up with my ravenous roommate I allowed my caloric intake to skyrocket. The weight gain snuck up on me slowly but surely until it smacked me in the (newly plump) face.

My boyfriend, bless his heart, refuses to admit that I'm noticeably heavier than when we first met. Even as he watches me lunge around the living room, struggling into my jeans, he sincerely insists "I really haven't noticed any change ... are you sure you've gained weight?"

As much as I'd like to blame my enabling romantic partner I know that it's my own fault. I let myself get comfortable. Secure in the knowledge that he loves me "no matter what" I invited carbs back into my life and packed on the dreaded "relationship 15."

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Changing stance on pets

Worth mentioning

When Beverly Tucker's dog Tobi ruptured a disc in his back, the veterinarian gave her a stark choice: Expensive surgery with little chance of success, or euthanasia.

Like a growing number of pet owners, Tucker opted for a third choice thanks to medical advances and shifting attitudes about animal care. She bought a wheeled cart fitted for Tobi's hind legs, restoring mobility to her paralyzed pooch.

Pets with disabilities ranging from spinal injuries to deafness still struggle more than healthy counterparts, but their futures are no longer as grim as before. An industry catering to owners of disabled pets has sprung up, offering everything from carts to chiropractors specializing in canine spines.

Even in an economic slump, people are willing to pamper their pets. Total spending in the United States on pets has grown, rising from $41.2 billion US in 2007 to about $47.7 billion this year, says the American Pet Products Association.

Animal health specialists, rescue volunteers and medical supply makers all say they've seen a growing willingness in the American public to adopt or care for pets with ailments that once would have met with certain euthanization.

THE ASSOCIATED PRESS

Pooch on wheels

Do fish make loving pets?

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Metro has the right to edit letters and submissions.

JONATHAN BEAN/FOR METRO VANCOUVER

at Writers Fest

Who doesn't like hearing a good story? Open your ears tonight as award-winning writers from around the world read from their new works for the grand opening of the Vancouver International Writers and Readers Festival.

Tonight's seven-writer lineup includes Vancouver's Caroline Adderson, B.C.'s Kate Pullinger, who won last year's Governor General Award, as well as Brit raconteur Andrew O'Hagan, whose entertaining new novel is told from the perspective of Marilyn Monroe's dog. The show starts at 8:30 p.m. at Performance Works, 1218 Cartwright St. on Granville Island. Tickets are $29.

The Fest runs until Oct. 24 at venues around Granville Island.

STEPHANIE ORFORD

▶ Governor General Award-winner Kate Pullinger will read from her novel, The Mistress of Nothing, at this year's Vancouver International Readers and Writers Festival.

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Blogs urge boycott of Campbell's Canadian soups

Right-wing U.S. bloggers say halal soups have ties to Islamic terrorist groups such as Hamas

The controversial Ground Zero mosque in New York and Campbell's Canadian-made tomato soup have nothing in common, one would think.

Yet they're being stirred in the same pot by some conservative bloggers in the U.S., who say Islamic terrorists are behind both projects.

Pamela Geller, who runs a widely read anti-Muslim site called Atlas Shrugs, is calling for a boycott of some 15 soups made by the Canadian subsidiary of New Jersey-based Campbell Soup Co.

The soups are certified as halal food, meaning they're prepared according to Islamic dietary laws.

Sold in Canada, the soups are certified by the Islamic Society of North America (ISNA).

But Geller claims ISNA has ties to terrorist groups, including Hamas and the Muslim Brotherhood.

"No one is suggesting they not have halal food. I'm not against halal food any more than I'm against kosher food. My issue is who's doing the certifying," Geller told The Washington Post Sunday.

A number of conservative groups have joined Geller's call for the soup boycott. What seems to be lost in the U.S. blogosphere is the fact that Campbell's halal soups are not offered in the U.S., and the company says it's not planning to.

THE CANADIAN PRESS

$4K

In 2008, Pamela Geller issued an appeal to raise $4,000 for a headstone for a Muslim-Canadian girl who was killed by her family for refusing to wear a headscarf, the New York Times reported.

Aqsa Parvez, a 16-year-old from Mississauga, Ont., was killed by her father and brother after a dispute over her choice of dress and other issues.

France. Strike

▶ A woman walks past piles of garbage yesterday in Marseille, France.

CLAUDE PARIS/THE ASSOCIATED PRESS

Workers protest plan to raise retirement age

French oil workers have defied the government's demand to get back to work and end scattered fuel shortages, stepping up their fight against President Nicolas Sarkozy's plan to raise the retirement age to 62. Schools, trains, public transport and even garbage collection in Marseille have been blocked by strikes.

Apps breach Facebook privacy

The Wall Street Journal is reporting that 10 popular Facebook applications have been transmitting users' personal identifying information to dozens of advertising and Internet tracking companies.

The newspaper said yesterday that the breach also includes users who set all their information to be completely private.

THE ASSOCIATED PRESS

BoC faces tough rate decision

The Bank of Canada must strike a fine balance in its interest rate decision today as consumer debt continues to grow despite a slowing economy.

Many economists expect the central bank's governor, Mark Carney, to take a break from three straight rate increases to its key lending rate to give the economy some space to grow.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

DOLLAR	TSX
– 0.22¢ (98.61¢ US)	+ 58.94 (12,668.01)

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Celine in hospital

Celine Dion has been admitted to a Florida hospital to prevent the early delivery of her twins. The hospital said the admission was to ensure Dion is close to her doctors leading up to the babies' birth.
THE ASSOCIATED PRESS

Forget the canvas: Celebrated British painter David Hockney embraces the iPad

GETTY IMAGES

▶ Elizabeth Banks

GETTY IMAGES

▶ Johnny Depp

GETTY IMAGES

▶ Orlando Bloom

'Buzz off malaria': celebrity battle cry

Hollywood heavyweights mouth off against malady-borne mosquitoes

A new public service announcement irreverently suggests one way to solve the malaria problem in Africa: Recruit a cadre of sexy mosquitoes called La Femme Mosquita to seduce and kill their disease-carrying counterparts.

It's one example of the humour the non-profit group Malaria No More hopes will spread awareness in eliminating the deadly disease.

B.J. Novak, star of the NBC sitcom The Office, likes the "laugh with us and not at us" approach. He and other celebrities including Ed Helms, Elizabeth Banks, John Mayer, and Orlando Bloom are lending their support to the group through a series of TV spots and viral videos.

GETTY IMAGES

▶ Actor B.J. Novak

Novak said that public service announcements historically have gotten little respect, despite the importance of their causes, making them ripe for ridicule. The ubiquitous This is your Brain on Drugs ad that showed an egg frying was satirized in Nightmare on Elm Street with Johnny Depp getting whacked in the head with a frying pan by Freddy Krueger.

"Looking at it simply by the numbers, the math works out very well." B.J. NOVAK (ON REDUCING MALARIA THREAT IN FIVE YEARS)

One of the funniest spots in the Malaria No More campaign stars Helms as a big-game hunter. In the three-minute video, the actor suggests alternative techniques to kill malaria-borne mosquitoes, such as biting back.

Helms travelled to Senegal to observe the problem and produce the spot. He called it "an incredible adventure'' that he hopes will raise awareness. He feels the campaign can educate a broad audience, and he also hopes to "piss off a few mosquitoes in the process."

"He for sure is using the other best medicine to fight malaria," Banks said. "Humour."
THE ASSOCIATED PRESS

Deadly disease

- Malaria was eradicated in the United States in the early 1950s, but the disease continues to exist in the third world.
- In Africa, 2,000 children die every day from malaria, according to Malaria No More, which breaks down to a death every 45 seconds.
- Most of the money raised for Malaria No More centres around $10 donations that come from texting to the word NET to 85944.

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Penn tired of Gossip Girl

Gossip Girl star Penn Badgley is getting tired of making his hit TV show, he tells Page Six.

"It is what it is," he says. "It's the fourth season. It's become routine." It probably doesn't help that he and his co-star and girlfriend, Blake Lively, aren't that chummy with their fellow on-set couple, co-stars Ed Westwick and Jessica Szohr. "We're not friends," Badgley says. "I mean, we just don't double-date." METRO

Lohan told to cut ties with her mother Dina

Lindsay Lohan is being advised to sever all business ties with her mom, Dina Lohan, if she wants to successfully overcome her substance abuse issues, sources tell Radar Online.

"Dina needs to no longer act as her manager, or work for her daughter in any capacity," a source says. "Lindsay and Dina don't have a normal mother-and-daughter dynamic because of the length of time that Dina has worked for Lindsay. Lindsay feels the financial burden of taking care of her entire family." METRO

GETTY IMAGES

▶ Dina Lohan has managed her daughter Lindsay's career.

Celebrity tweets

50 Cent [@50cent] I'm just learning how to use the camera I have. I brought a professional joint the lens package was 10k. I'm not buying another one.

Russell Brand [@rustyrockets] I'm at Union Square Barnes and Noble. I'll distract security, you put the books in your bag.

Alicia Keys [@Aliciakeys] There is no word to properly describe LOVE, to describe BLISS, to express a FEELING like this!!!

Katy Perry [@katyperry] Why does the childrens menu always looks delicious?! Damn kids. METRO

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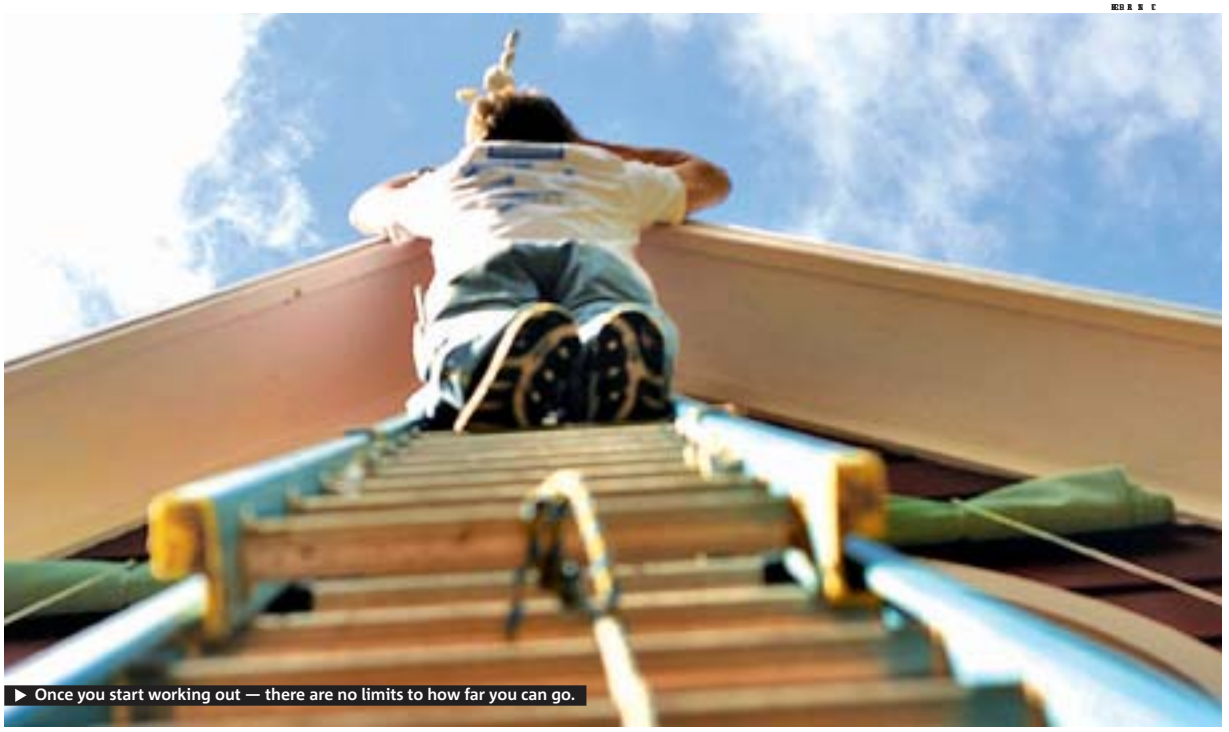

▶ Once you start working out — there are no limits to how far you can go.

Ready, steady, go

How to get up and keep going with an exercise regime, without falling into bad habits

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Once you have made the mental commitment to ditch your former lazy self, the hardest part is having enough willpower to carry on and not revert to your old ways.

Celebrity trainer Tracy Anderson guides you through the second phase of this new, fitter you.

Get up and go

For Anderson, it's all about getting the work/workout balance right.

"Start by blocking out the time to workout in the day, even if just for 10 minutes. Once you start getting used to it, increase this time to 30 minutes and eventually one hour," she says.

Don't just diet

"I don't believe anyone achieves physical beauty by going on a diet alone," explains Anderson.

"Food must be embraced in a healthy way and extreme dieting can potentially be dangerous. It's all down to control — don't spend your day eating Doritos chips but don't deny yourself steak and mash if you really want it."

Going for the lunge

Anderson advises her clients who struggle the most to try to understand what they want from their body and life.

"If you love life, you will want to live it to your best and your healthiest. Tell yourself you want to look and feel great or else come to terms with the realities of an unhealthy life like being overweight and unfit," she says.

"Getting a running buddy, joining a yoga class or team sports such as basketball is for people who cannot motivate themselves alone."

Knowing that someone else is going through the same challenge as yourself is a highly motivating factor and a real push. People that genuinely no longer wish to be lazy will need to switch the way they think and embrace change.

A question of genetics

Motivation is often seen as something that is only affected by our lifestyle but in reality it could also have to do with gender. In general, the desire to be active seems to come more instinctively to men than to women.

Women have a tendency to gravitate towards the quick fix solution and that can make them feel insecure.

However, both sexes use their physique and the way the look and feel as a way to empowerment.

"There are many lazy people out there who don't think beyond the typical fat to think solution. They fail to realize that being thin alone won't improve the tonicity of skin and muscle, let alone health."
TRACY ANDERSON

3 life

Healthy bites

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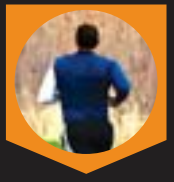

Andropause
Caused by lower testosterone in the body, andropause can leaves men feeling irritable and tired and with lowered sex drive.

CPR changes: Chest compressions most important; even bystanders can do it

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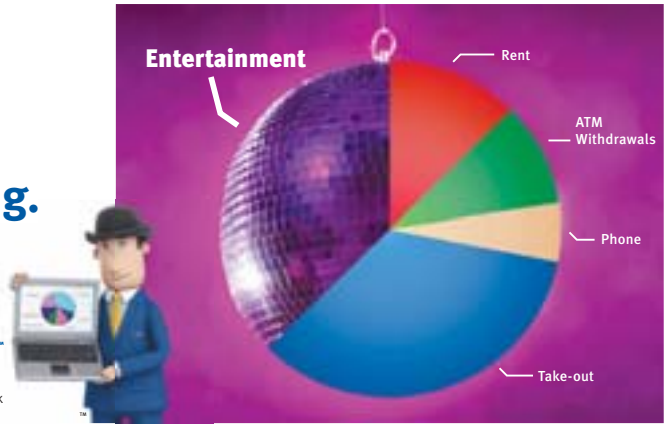

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When to eat?

What is the best time of year to get fresh watermelon at its peak season?

▶ **Months to eat it** Wwatermelon is usually best to eat between mid- August and October. Eating out of season is fine but it travels further to get to you.

Watermelon packing a punch

CELIA MILNE
LIFE@METRONEWS.CA

Watermelon is one of those super foods.

It's low-cal, high in fibre, packed with vitamins, fun to eat — and sweet to boot.

Now, researchers at Florida State University have found that juicy, red watermelon has another health punch — eating it regularly has the potential to help prevent hypertension.

This is important because hypertension — known as the "silent killer" — is a risk factor for cardiovascular disease and stroke.

In a small study, scientists fed watermelon extract every day for six weeks to people with pre-hypertension, which means slightly elevated blood pressure.

All nine of the subjects had lowered blood pressure at the end of the study.

Authors are suggesting a larger study to test the power of this functional — and delicious — food.

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UMAC-CORE is a unique product created out of an urgent need. In 2004 Tom Harper was diagnosed with a life threatening illness caused by asbestos exposure and given only months to live. He had been raising shellfish at his Research Sea Farm on Vancouver Island, simultaneously perfecting the only method worldwide of growing wild phytoplankton for use in the Aquaculture industry. Based on the wild plankton's powerful nutritional profile, upon his diagnosis he decided to consume the blend of micronutrients as an energy source he so desperately needed at the time. Every day he ingested the minute ocean plants and every day he felt stronger and experienced less pain. Finally a surgeon performed exploratory surgery. To the doctor's surprise he was inexplicably able to deliver Mr. Harper a clean bill of health.

Six years later, Tom Harper is healthy and, in his words, "feeling totally different. I'm pain free and I'm leading a good, healthy, normal life." Not long after the product was officially launched in Canada and the U.S.A., the University of Utah completed a randomized full double-blind placebo-control pilot study of UMAC-CORE over a 90 day period with human subjects. Doctors who conducted the studies were impressed with the results and concluded that UMAC-CORE really does help enhance the immune system and support mood fluctuations, quality of sleep, and overall emotional well-being.

UMAC-CORE quickly gained far more attention than Harper could have imagined. "People were experiencing really positive shifts in their health," Harper says. "Our success was consumer driven and we weren't quite prepared for the demand. There were times when staff would offer to spend the night at the office so that we could get the product out, and they often did!"

Today UMAC-CORE is available in over 800 health food stores across Canada, in stores all across the United States and overseas in Australia, New Zealand and Spain. Following the interest and countless testimonials from the public, UMAC-CORE has been written about in dozens of newspapers across North America – and the excitement continues to grow.

Tom Harper—Creator of UMAC Core™ Marine Phytoplankton carefully inspects a sample of newly grown wild Phytoplankton at his Sea farm on Vancouver Island, BC

In fact, an independent website www.whyplankton.com offers an opportunity to view the amazing "Another Day" video documentary of Mr. Harper's patent pending discovery.

Kim Illes of Choices 4 Wellness – a Retailer in Chatham Ontario says, "*I recommend UMAC-CORE to everybody – it's one of the top two products in our whole store and that's because people see results! I tell people that if they needed to pick only one thing, then pick UMAC-CORE. It has all the vitamins, minerals and essential fatty acids. It's a complete food and does so many different things in the body that it's probably the most complete supplement to recommend.*"

People are even giving it to their pets with remarkable results. In fact, Kim Illes says it's the results she gets with animals that have convinced her of the product's efficacy. "*It's not a placebo effect when you give it to your pets. We've nursed sick animals back to health with UMAC-CORE. That's how I judge if a product really works – if you can see results with animals – and we do.*"

Mr. Harper's Sea Farm which grows the wild phytoplankton offered in UMAC-CORE is also making a positive impact on the environment. "*I consider it one on the greenest companies in the world. Not only are we able to give back to human beings, we are also giving back to the planet.*"

Unique Sea Farms' only by-product is pure oxygen! Marine Phytoplankton consumes carbon dioxide and releases oxygen back into the atmosphere as it blooms in the one million litre outdoor open tanks.

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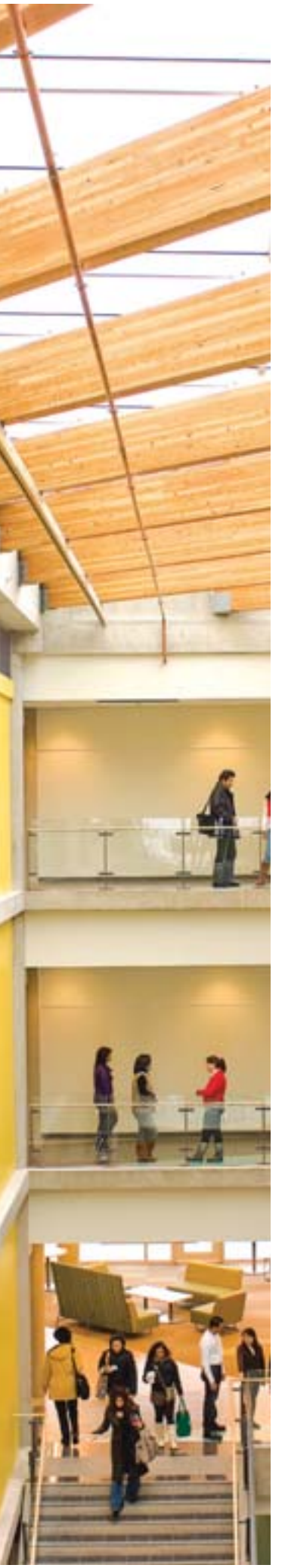

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Helping new Canadians pay for education

RBC scholarships target financial aid to students of families who've recently moved to Canada ● Program aims to help children of immigrants be a strong part of Canada's future

RAF BRUSILOW
FOR METRO CANADA

Helping new Canadians get a Canadian education is a recipe for success not only for the people who come here, but for the country as well.

That understanding was the key behind the creation of the RBC Royal Bank Scholarship for New Canadians in 2007, 12 awards valued at $3,500 each awarded yearly to outstanding students whose families have come to Canada within the last 10 years.

Camon Mak, director of multicultural markets at RBC Royal Bank, says the scholarship was created in 2007 out of recognition for the particular financial demands often placed on new Canadians.

"One of the reasons we designed this scholarship is that a lot of newcomers to Canada find very specific challenges around cost. Parents know that a Canadian education is one of the best in the world and they try to find ways to make ends meet — a scholarship like this really helps," Mak said.

With immigration being Canada's largest source of population growth, Mak says support systems that help new Canadians succeed are crucial.

"The future of Canada is going to be coming from immigration so you have to ensure that the success of newcomers is deeply embedded in this country. You want them to be financially successful, because they're going to be everything that will define Canada going forward," Mak said.

The next deadline for applications is Feb. 1, 2011. For more information on the RBC Royal Bank Scholarships for New Canadians and others, visit rbcroyalbank.com/scholarships.

RBC/SUBMITTED

▶ 2010 RBC Royal Bank Scholarship for New Canadians recipient Malithi Fernando (centre) receives her $3,500 scholarship. Her family came to Canada from Sri Lanka in 1999.

A new Canadian's story

When 2010 recipient Malithi Fernando, 18, moved to Canada from Sri Lanka with her family in 1999, she left behind the comfort of a large, extended family for a new life in Calgary.

Today she studies engineering at the University of Calgary in large part because of the financial help the RBC Royal Bank Scholarship for New Canadians.

"When the financial burden is lifted there's so much more you can do that you wouldn't be able to do otherwise.

"My academics remain one of my greatest priorities and the financial help enhances my entire life," she said. ● RAF BRUSILOW*

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AMY SUSSMAN/GETTY IMAGES

▶ Celebrity culture's stylish moms and tots, like Katie Holmes and daughter Suri, have changed children's clothes into children's fashion over the last decade.

Tot frocks hit by maxi fashion shift

Pint-size fashion goes well beyond function

LINA TOYODA
FOR METRO VANCOUVER

Celebrity culture, stylish moms and the liberated fashion sensibilities of modern kids have changed children's clothes into children's fashion over the last decade.

Fuelling the trend are celebrity designers who have launched their own kids' lines, names like P.Diddy for Sean John, Tori Spelling for Little Maven and Stella McCartney for Gap Kids.

"For children, the challenge is to know your trend forecast, what's huge in a child's life, what they're being influenced by, who their idols are, who they listen to in terms of music, and all this influences what they want to wear," says says Anne Morris, Campus Director of Vancouver College of Art and Design (VCAD).

She says that while there's a lot of creative possibility in designing kids' wear, once designers have children themselves, they often become even more interested in creating the mini collections. And with celebrities designing their own lines, it has really increased the profile.

In response to the growing interest, VCAD has included children's design courses into their Fashion Design program.

While learning the same fundamental construction, design, and pattern-making skills, students can choose to specialize in children's clothing halfway through the intensive year-and-a half program.

Child-sized mannequins are used in draping class to let designers properly fit their garments with proportion and sizing in mind.

When you design for children there are a number of factors that have to be considered, says Morris.

"The growth factor is one of them, and depending on the age of the child the playability and durability of the clothing because children do play."

"The most recent Stella McCartney collection for Gap Kids ... married whimsy with fashion and function for children up to 14 and was well received."
TARA WICKWIRE, DIRECTOR, GAP INC. PR

"I think that whole thing started when people started taking interest in celebrities having babies about five or 10 years ago ... suddenly you had all these young celebrity women having babies and the next step was to take photos of their kids and document what they were wearing."
ALEXANDRA SUBNER ISENBERG, DESIGNER AND SENIOR INSTRUCTOR, VCAD

Fashion in the city

- Vancouver College of Art and Design (VCAD) – Fashion Design
- Vancouver Community College (VCC) – Fashion Arts
- Kwantlen Polytechnic University – Bachelor of Design, Fashion and Technology
- Blanche MacDonald – Fashion Design, Fashion Merchandising
- The Art Institute of Vancouver – Fashion Design and Merchandising
- John Casablancas Institute – The Fashion Arts Program
- LaSalle College International – Fashion Design, Fashion Marketing
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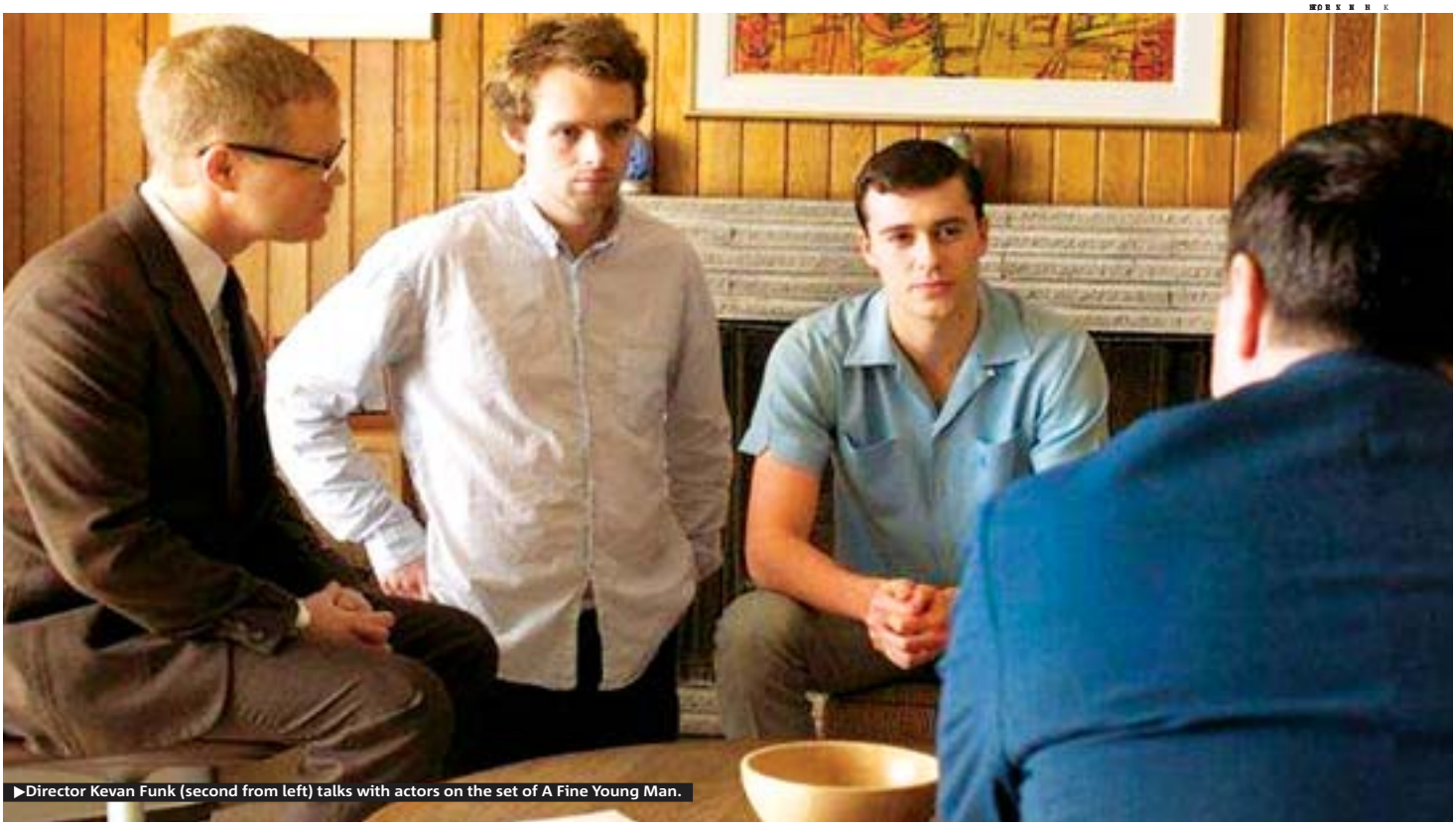

▶Director Kevan Funk (second from left) talks with actors on the set of A Fine Young Man.

The Red Threat looms over VIFF

Emily Carr student Kevan Funk's short film toys with faith, the Free World and a matchbox budget

MINÉ SALKIN
FOR METRO VANCOUVER

A Fine Young Man, directed by Kevan Funk, is a dark comedy that has garnered critical acclaim at this year's Vancouver International Film Festival (VIFF), and won the award for Best Short Film in Calgary.

Set during the Cold War, the film flirts with the fine line between faith and the danger of personal convictions.

"My intention with the film was to start a conversation, rather than giving an answer," Funk said in a video Skype interview.

"Most importantly, it's about belief. When you have blind faith in something, it can be very dangerous."

Funk, 24, is a fourth-year student of Film, Video and Integrated Media at Emily Carr University of Art & Design.

He was born in Vancouver and raised in Banff, Alta.

With an early interest in the performing arts, Funk later developed a talent in photography, which lead him to pursue a career in film.

Since 2002, Funk has been involved in numerous independent film projects.

Funk is currently seeking an international opening for A Fine Young Man to showcase his talents.

"There's a lot of humour and unexpected things in life," said Funk.

"It seems more of an appropriate fit, dark comedy, in terms of telling authentic stories."

Making movies

- The film was made on a $6,000 budget —mostly financed by students.
- It was filmed as an experiment using 35mm film.
- The movie was filmed in a house in the University endowment lands, owned by a late Vancouver solicitor.
- Many props in the film were contained in the house, which has since been demolished.
- The film stars Cole Humphrey, Ali Liebert, Paul McGillion and Wesley Salter.
- The 35mm format almost sabotaged the making of the film. Kevan Funk and producer Benjamin Loeb got stuck in Denmark before finding someone who could transfer it.

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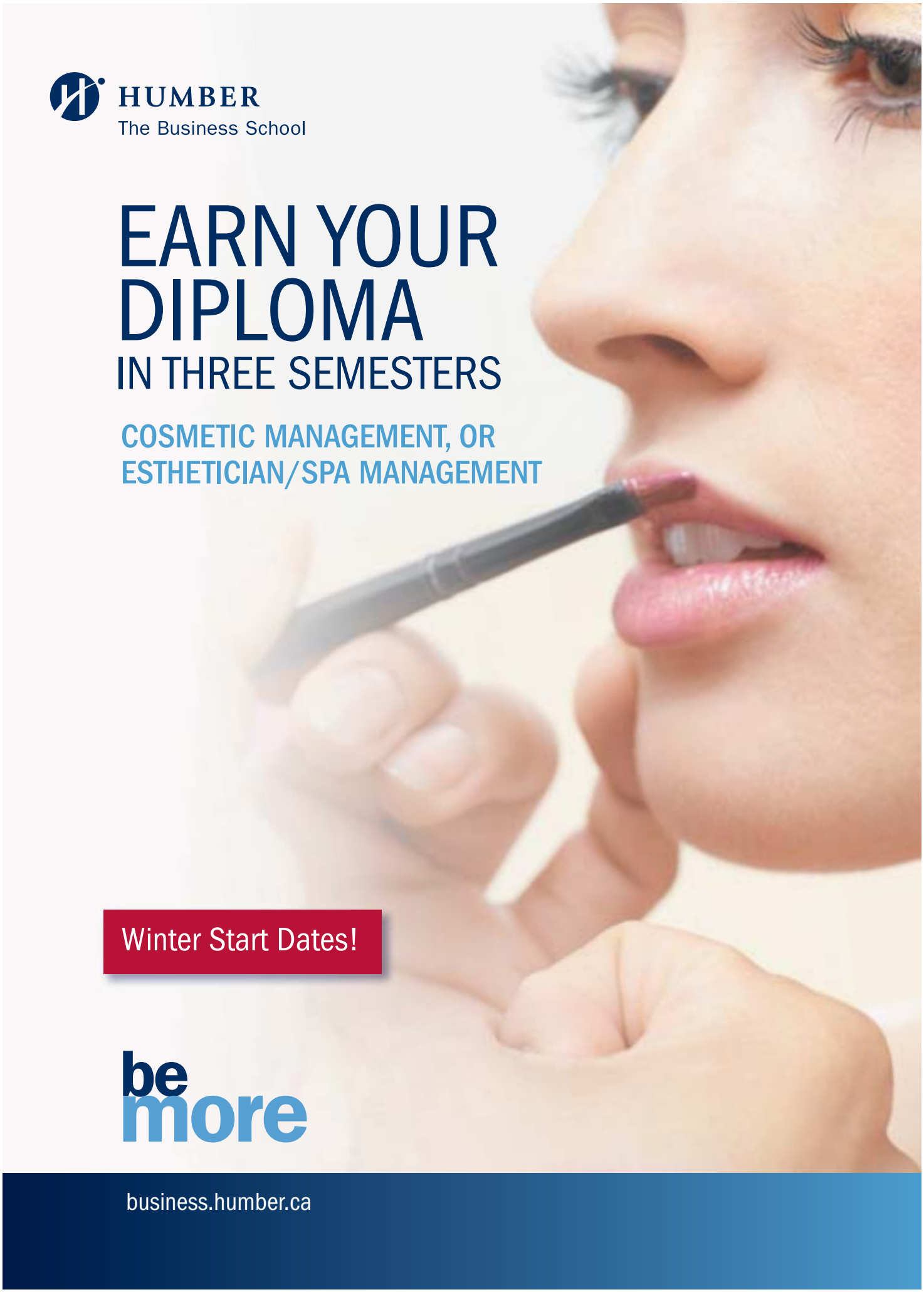
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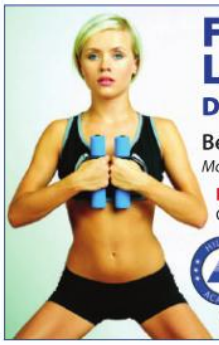

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▶ Donna Hawrelko supervises gemmology student Brooke Burian.

Rock stars

Two Vancouver Community College students take top marks on gemmology exam

JORDANA DIVON
FOR METRO VANCOUVER

If Vancouver Community College's gemmology lab appears to be gleaming just a little bit brighter this week, it could be the additional glow of pride.

Derek Jackson and Brooke Burian, two students from the school's nationally ranked gemmology program, recently received the highest marks in North America on their exams. It's an achievement that thrills, but doesn't surprise program coordinator and instructor Donna Hawrelko.

"We are so proud of Derek and Brooke," says Hawrelko. "All their hard work has paid off, and we have no doubt they will go on to great things in the field."

Approximately 150 students take the 10-hour exam each year, which involves both a written and applied component. Burian, 31, says while the exam was grueling, the hard work she put in made her victory that much sweeter.

"It truly feels unbelievable and very satisfying since I spent so much time studying," says Burian. "Having successfully done this, I do admit to being a little proud of myself, and feel the decision to take this class was a smart one for me."

Jackson, 25, hopes his record-breaking score of 95 per cent gives him headway in the industry.

"My next goal is to shoot for the diploma award and find a job. Appraisal is ideal, but even lab work is good," says Jackson, who also won the Dean Field Medal for passing with distinction.

Graduates of VCC's science-based gemmology program earn the designation of FCGmA (Fellow of the Canadian Gemmological Association) and are considered to be professional gemmologists.

Mine field

A career in gemmology involves far more than handling shiny rocks. It is, in fact, a touchstone of the jewellery business, as gemologists are required to grade gems and precious stones accurately, and appraise them for proper use. The science of appraisal is so precise it requires an intensive laboratory-based practicum and excellent spatial and mathematical skills, as gemologists must be able to detect synthetics, describe colour, and identify any flaws. Most graduates go on to work as jewellery buyers, inventory coordinators, appraisers, and diamond graders.

JORDANA DIVON

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A rewarding education

UBC journalism students win Emmy Award for documentary

GEN HANDLEY
FOR METRO VANCOUVER

When UBC professor Peter Klein and his journalism students left Canada to track down computer waste across the globe, they were unaware of the story they would come home with.

"I think we assumed we'd find something, but we never expected to find something on a major U.S. military contractor," said Klein, who is a former producer for 60 Minutes. "It was pretty incredible."

So incredible that last month, Klein and his 10 graduate students won an Emmy Award for Outstanding Investigative Journalism — a first for Canadian students. Ghana: Digital Dumping Ground is a compelling documentary that looks at the many impacts of the digital waste trade in not only Ghana, but also in China and India.

While the original intention was to expose the health and environmental issues of the digital waste business, the UBC international reporting class also discovered a number of human rights and national security issues, including highly sensitive information on the Northop Grumman Corporation — the U.S. military contractor Klein referred to.

Since graduating from UBC, the award-winning students have found careers and success with news organizations in Canada and overseas.

"It's always gratifying to a teacher to hear they got a lot out of it," Klein said. "A lot of students said it was the most intense learning experience they've ever had so it's great to hear as a teacher.

"I mean, doing a good piece and winning an award is great, but if the students aren't learning, we're ultimately failing here," he added.

MARC BRYAN-BROWN/SUBMITTED

▶ The UBC journalism team at the 2010 Emmy Awards. From left to right: Heba Abou Elsaad, Alison Lawton (Mindset Media), Shira Bick, Blake Sifton, Allison Cross, Leslie Young, professor Peter Klein, Krysia Collyer and Ian Bickis. Not photographed: Daniel Haves, Doerthe Keilholz and Jodie Martinson.

A job well done

▶ **UBC student award winners:**
- Heba Abou Elsaad – Egypt
- Shira Bick – Vancouver
- Ian Bickis – Ottawa, Ontario
- Krysia Collyer – Greely, Ontario
- Allison Cross – Nanaimo, B.C.
- Daniel Haves – London, Ontario
- Doerthe Keilholz – Bad Kreuznach, Germany
- Jodie Martinson – Calgary, Alberta
- Blake Sifton – St. Thomas, Ontario
- Leslie Young – Kanata, Ontario

▶ **Ghana: A Digital Dumping Ground** also won the Sigma Delta Chi Award for best documentary of the year from the Society for Professional Journalists and was nominated for the Livingston Award for Young Journalists.

▶ **The documentary** can be seen at pbs.org.

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Turning the beat around

A new VCC program makes life more harmonious for recent immigrants

JORDANA DIVON
FOR METRO VANCOUVER

SUBMITTED

▶ Graduates of VCC's World Beat program that helps recent immigrants learn the life skills necessary to function in Canada.

While there are numerous resources to help recent immigrants stay afloat, Vancouver Community College's World Beat program is designed to help young newcomers who often fall between the cracks of Canada's immigration settlement programs: Many are either too old to enter the public education system, or too young to be considered for support.

World Beat, which has partnered with the YWCA and SUCCESS, is a program that teaches language, creative and life skills to these 15-to-25 year olds, through an integrated educational model including arts-based activities, active conversation, and one-on-one support.

"I think the X factor here is we have a creative component of our class every day, so that students who come to us disempowered on a language level, but may be the best conga player in the group, get to experience what it's like to excel in that learning environment," says World Beat language instructor Nora Ready.

Raul Carillo, who moved to Vancouver from Mexico, says the program gave him the confidence to tackle a difficult employment situation.

The 22-year-old was working as a cook, and says his job was threatened because the restaurant manager didn't like that he was always speaking in Spanish with another employee.

"I told everybody at World Beat and they were concerned about my situation," he says.

"They told me, 'We're not going to leave you alone because what's happening is not fair.' So they helped me do my research and everything worked out."

Job safety aside, Carillo says the best part about the program was what it did for his self-esteem.

"They make you feel confident of yourself, no matter where you come from, no matter which language you speak, you can only get better, and in Canada that's the point."

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Leaders of the club

The Disney Institute brings its customer service expertise to Kwantlen Polytechnic's school of business

JORDANA DIVON
FOR METRO VANCOUVER

What has two mouse ears, an excellent reputation for customer service, and a date with a local B.C. campus?

Kwantlen Polytechnic University School of Business, in partnership with the Surrey Board of Trade, will be this year's hosts of the Disney Institute's Approach to Quality Service program on Nov. 30. Well … perhaps without the ears.

The one-day seminar is designed to integrate the Disney management methodology into a packed program where participants will learn everything from the defining a common purpose, to the company's training guidelines.

The event's website promises the seminar will "anticipate the needs, wants and emotions of your customers in order to exceed their service expectations; bring 'consistency' to your organization by establishing quality standards; [and] design a delivery system that focuses on the employees, environment and processes that enhance quality service."

"This is the first time this session is being offered in the Vancouver area and it's a great opportunity for members of the business community."
DR. ARTHUR COREN

Dr. Arthur Coren, Dean of the Kwantlen School of Business, is enthusiastic about the school's participation in the event.

"Disney enjoys an international reputation for its leadership style and innovation and Kwantlen's School of Business is proud to partner with them to deliver this program. Quality service is what differentiates top-notch organizations from the rest of the pack. This is the first time this session is being offered in the Vancouver area and it's a great opportunity for members of the business community to gain some unique insights to contribute to their success," he says.

Participants can pre-register online at KeysVancouver.com, by phone 877-544-2384, or by fax 913-712-9247.

Full house

Some of the other topics covered during the seminar's packed agenda include:

- Learning the Disney demographics measurement methodology
- Identifying customer needs, wants, stereotypes and emotions
- Examples of the measurement outcomes to any customer service experience
- Understanding purpose versus task enculturation
- Identifying elements of setting that support the quality standards at Walt Disney Theme Parks and Resorts

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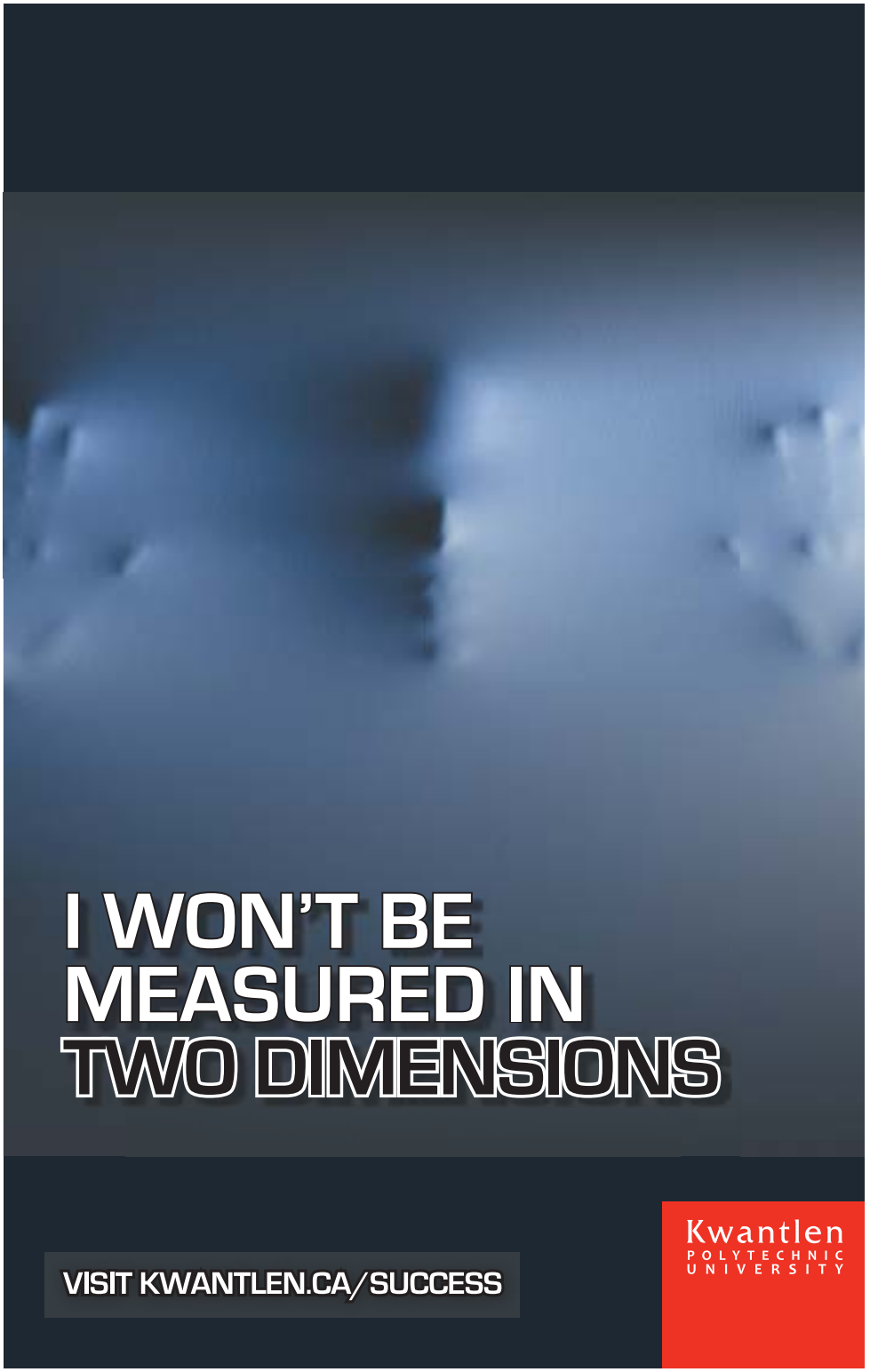

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A healthier Halloween

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- 175 ml (3/4 cup) packed light brown sugar
- 125 ml (1/2 cup) non-fat plain Greek-style yogurt
- 30 ml (2 tbsp) canola oil
- 5 ml (1 tsp) vanilla
- 125 ml (1/2 cup) finely chopped crystallized ginger
- 500 ml (2 cups) sifted cake flour
- 5 ml (1 tsp) cinnamon
- 3 ml (3/4 tsp) ground ginger
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground nutmeg

▶ Pumpkin Double-Ginger Cookies

Tasty Halloween treats don't have to be a nutritional horror

A good scare on Halloween is fine, unless it's from reading the nutrition label on one of your kid's treats (or one of your own, for that matter). With a few not-so-scary ingredients, these cookies are supernaturally tasty without being frighteningly unhealthy. Canned pumpkin puree and non-fat Greek-style yogurt keep them moist, while cake flour helps them stay tender.

Pumpkin Double-Ginger Cookies
Preparation:

1. Position a rack in the centre of the oven and heat it to 180 C (350 F). Coat 2 baking sheets with cooking spray or line with parchment.
2. In a large bowl, combine pumpkin, brown sugar, yogurt, oil and vanilla. Whisk until smooth. Stir in crystallized ginger.
3. In a medium bowl, stir together flour, cinnamon, ground ginger, baking soda, salt and nutmeg. Stir dry ingredients into the wet, mixing until blended.
4. Drop tablespoons of the batter onto prepared baking sheets, spacing cookies about 4 cm apart. Bake, in two batches if necessary, until lightly browned, about 15 minutes. Transfer cookies to a wire rack and let cool. Makes 40 cookies.

Nutrition information per cookie: 54 calories; 7 calories from fat; 1 g fat (0 g saturated; 0 g trans fats); 11 g carbohydrates; 1 g protein; 1 g fibre; 38 mg sodium. THE ASSOCIATED PRESS

FROM ISRAEL WITH LOVE

How We Met: Dan & Yael

Names: Dan, 35, and Yael, 32

Hometown: Vaughan, Ont.

Together since: 1999

Their story:

"I (Yael) met my husband, Dan, in an online chat room back in September 1999.

"I was living in Israel at the time, while he was going to university in Canada. One day I was browsing through a chat room and he came online.

Everyone was entering their basic information, and when Dan saw that I was from Israel, he immediately sent me a private message and we started chatting.

"From there, we moved to emails and later to phone calls. After three months, he bought a ticket to Israel and the rest is history.

We were married in December 2002, and will be celebrating our eighth anniversary this year. We also have a beautiful two-year-old son."

▶ Dan and Yael met in an Internet chatroom back in 1999.

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Falling in love can ease the pain

Passion can stimulate the brain much like a drug

Sometimes love does feel like it should.

Falling in love can act as a potent painkiller, and now scientists have figured out why: It stimulates the brain's reward pathway, much like the rush of an addictive drug.

The next question is whether better understanding of the love-pain relationship might somehow help scientists tackle chronic pain. Falling head over heels isn't exactly something a doctor can prescribe. But "maybe prescribing a little passion in one's relationship can help with one's chronic pain — assuming it's passion with the one you're with," said study co-author Dr. Sean Mackey, chief of pain management at Stanford University.

The story begins with psychology professor Arthur Aron of the State University of New York at Stony Brook, who studies the neurology of love. His work has linked that euphoric phase of a fresh romance to brain regions rich in the chemical dopamine. Dopamine is key to what's called the brain's reward pathway.

"When people are in love, in many ways it's not dissimilar to what they get when they take amphetamines or stimulants," noted Dr. Nora Volkow, director of the National Institute on Drug Abuse and a dopamine expert.

Then pain specialists noticed that if someone in an intense romance gazes at a picture of his or her amour while being poked or prodded, they feel less pain.

Is that because their love is distracting them from the pain? After all, specialists often advise sufferers to listen to music or try other steps to take their mind off the pain. Or did love work some other way? Mackey and Stanford colleague Dr. Jarred Younger teamed with Aron to find out.

They put up campus signs seeking love-struck Stanford undergrads and within hours couples were flocking in.

Fifteen people underwent a battery of tests. They looked at either a picture of their new love or a picture of an attractive acquaintance, or were given distracting tasks such as to list sports that don't involve balls. Researchers touched them with a hot wand to induce moderate pain, and scanned their brains.

Looking at their loved one and distraction produced equal pain relief — but the distraction worked through cognitive pathways while the romance triggered a surge in that reward pathway, the team reported Wednesday in the journal PLoS One.

That means the brain can generate pain-controlling responses without medications that perhaps, "if we understood them better, we could trigger them," said NIDA's Volkow.

THE ASSOCIATED PRESS

▶ Love can stimulate the brain much like a drug.

Warning signs

Caution: New love's flush can fade to commitment, which doesn't trigger the same brain response. But Aron said he recently found that doing something new and exciting with a longtime partner stirs up that old passion, "a good idea whether you're in pain or not."

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Fun and Frugal

LESLEY SCORGIE
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BEWARE THE STOCK TIP!

Some of the biggest mistakes investors make are selecting investments they don't know anything about; using an investment strategy that doesn't fit their risk level; avoiding research; or taking a stock tip from an unqualified friend.

On its own, the price of a stock or fund means nothing, but when you compare price, earnings, debt, industry and other factors against other companies or funds in the same peer group, you get a better picture of what the company or fund is all about.

If a particular stock has caught your eye, start by paying a visit to Sedar.com, which is provided by the Canadian Securities Administration. If you're interested in evaluating a fund, check out Globe Investor's Fund Filter (http://globefunddb.theglobeandmail.com/gishome/plsql/gis.analyser).

Investment analysts prepare informative reports on various companies and funds, covering line of business, competitive assessment of the business and historical financials. An analyst also predicts the future of each of these factors.

Doing research upfront will help you avoid losing money by selecting investments suited to your profile.

Tips to boldly begin business

Rise to the challenge of running a business by posing questions Don't be afraid to ask for help

Scott Wilson of Oakville, Ont., got his start in marketing and the credit business before striking out on his own.

Today he is the president and CEO of Bluecap Financial, and is tapping into the near virgin territory of small business lending. He's seen successes and failures, and good ideas managed badly. Here are his top tips for staying alive in shark infested waters.

• A great business idea is no sure thing. Start by knowing your target market and study — books, gurus and other successful businesses.

• A business without a website reflects a business with limited potential. Smart entrepreneurs need to stay one step ahead of their competition, so pony up to the digital age.

▶ Don't be afraid to blab about your business.

• During slow times, don't cut prices. Instead, hold workshops, partner with suppliers, network like crazy and aim to give customers more value.

• When taking on a business partner, especially a friend or relative, be crystal clear about responsibilities and expectations.

• Most businesses comprise partners. Pick one with completely different skills and contacts. That way, there's more territory to draw on.

• Get comfortable talking, not bragging, about your business. Practice a 15- or 20-second elevator speech that tells people, simply and compellingly, what you do.

• There are tons of free resources for start-ups and existing businesses. On the Internet, search Industry Canada and business or small business in your province, for starters. If you prefer one-on-one attention, hire a business coach.

• Retain experts for what you don't know. An accountant could save you lots more money than what he or she charges. Farming out the areas you don't know allows you to concentrate on your area of expertise.

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CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

On Money

ALISON GRIFITHS
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There are tons of pressures on those of us who run our own show. Whether you are working from a desk in the basement next to the freezer or have a storefront and employees, being proactive about tax will keep you off the Canada Revenue Agency's (CRA) radar.

Here are some tips.

• Don't wait until the last minute! It's impossible to get yourself properly organized under eleventh-hour time pressure and it's difficult to make good decisions to minimize your taxes.

• Make an estimate of your expected tax bill. If your revenue is going to be high you might consider making that machinery or computer purchase before year's end. You'll defray some of the expense through capital cost depreciation.

• Unless you are incorporated you are required to complete a Statement of Business and Professional Activities (T2125) at the same time as you file your personal taxes.

• You should set aside 30 to 40 per cent of your gross income to cover income tax and CPP. Even if you are the only employee of your business, you are responsible for paying CPP contributions.

• Keep proper records differentiating business from personal. If you can't prove it, the CRA will likely assume the expense is personal. Slot your expenses into the categories provided by CRA on the T2125.

"Whatever you do, don't ignore communications from the CRA, respond promptly and make notes of your conversation right on the letter for future reference."

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Another gem for Texas ace

Lee strikes out 13 to move to 7-0 in career playoff starts ◗ Becomes first pitcher to record double-digit strikeouts three times in a post-season

CHARLES KRUPA/THE ASSOCIATED PRESS

▶ Texas Rangers' Julio Borbon dives safely into third base as New York Yankees third baseman Alex Rodriguez takes the throw in the ninth inning of Game 3 of baseball's American League Championship Series last night.

8	0
RANGERS	YANKEES

Cliff Lee stumbled as he stepped up to his seat at the post-game podium.

"Booby trap right here," he said with a grin.

That was about his only slip-up all night.

The ace of October went through the New York Yankees like a buzzsaw again, striking out 13 and pitching the Texas Rangers to an 8-0 victory yesterday for a 2-1 lead in the best-of-seven AL championship series.

Josh Hamilton hit an early two-run homer off Andy Pettitte and started a six-run outburst in the ninth with a leadoff double. Lee allowed only two singles in eight innings and became the first pitcher to reach double digits in strikeouts three times in one post-season.

"I'm not satisfied with that," he said. "We still have some work to do here. A lot of fun to come into New York and get this first one. Hopefully we can come out here tomorrow and pick up where we left off."

Mr. Automatic improved to 7-0 with a 1.26 ERA in eight post-season starts. Three of those wins have come against the power-packed Yankees, including two in last year's World Series for Philadelphia.

New York won the other four games against the Phillies to take home its 27th championship, but now faces a tall task if it plans to repeat. The Yankees must win three straight against the resilient Rangers to advance without facing Lee in a decisive Game 7 at Texas.

Game 4 is tonight and the Yankees will start right-hander A.J. Burnett, who hasn't pitched since Oct. 2. Tommy Hunter goes for Texas in his first career start at Yankee Stadium.

THE ASSOCIATED PRESS

Titans vet gets job done in relief

30	3
TITANS	JAGUARS

Tennessee's Vince Young watched from the sideline. Jacksonville's David Garrard was in the locker-room.

Both starting quarterbacks were knocked out of last night's game, turning things over to veteran Kerry Collins and recently signed Trent Edwards.

The backups performed as expected, with Collins leading the Titans to a 30-3 victory and Edwards looking mostly like a guy who joined the team three weeks ago.

Collins completed 11-of-16 passes for 110 yards and a touchdown, directed five consecutive scoring drives and put the Titans (4-2) atop the AFC South. Tennessee, which also got 111 yards rushing and a late score from Chris Johnson, moved into a three-way tie with Indianapolis and Houston.

The Jaguars (3-3) were left in a familiar position. They finished last in the division the last two years.

The Titans moved the ball with relative ease all night, with Young and Collins at the helm. They finished with 324 yards, including a 35-yard touchdown run by Chris Johnson on his final carry of the night.

Rob Bironas kicked three field goals, plenty for Tennessee's stifling defence.

THE ASSOCIATED PRESS

4 sports

Quoted

"I think people look at women's hockey and say, 'It's a guaranteed silver medal for Canada' when it's so far from that. There's so much preparation that goes into making it look easy, if that's what people think."

HAYLEY WICKENHEISER, WHO HAS JUST RELEASED A BOOK ENTITLED GOLD MEDAL DIARY: INSIDE THE WORLD'S GREATEST SPORTS EVENT

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NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Toronto	5	4	0	1	0	17	11	9	2-0-1-0	2-0-0-0	4-0-1-0	L1
d-Washington	5	4	1	0	0	17	11	8	3-0-0-0	1-1-0-0	4-1-0-0	W4
d-NY Islanders	6	3	1	1	1	20	17	8	2-0-0-1	1-1-1-0	3-1-1-1	W2
Tampa Bay	5	4	1	0	0	17	18	8	2-0-0-0	2-1-0-0	4-1-0-0	W1
Pittsburgh	7	4	3	0	0	23	16	8	2-3-0-0	2-0-0-0	4-3-0-0	W3
Montreal	5	3	1	1	0	14	13	7	1-0-1-0	2-1-0-0	3-1-1-0	W2
Atlanta	5	3	2	0	0	17	16	6	1-0-0-0	2-2-0-0	3-2-0-0	W2
Philadelphia	5	2	2	1	0	11	14	5	1-2-0-0	1-0-1-0	2-2-1-0	L2
Boston	3	2	1	0	0	9	6	4	0-1-0-0	2-0-0-0	2-1-0-0	W2
Florida	4	2	2	0	0	12	5	4	1-0-0-0	1-2-0-0	2-2-0-0	W2
Carolina	4	2	2	0	0	9	12	4	1-0-0-0	1-2-0-0	2-2-0-0	L2
NY Rangers	4	1	2	1	0	14	16	3	0-1-1-0	1-1-0-0	1-2-1-0	L3
Buffalo	6	1	4	1	0	12	18	3	0-3-1-0	1-1-0-0	1-4-1-0	L5
Ottawa	6	1	4	1	0	12	21	3	1-1-0-0	0-3-1-0	1-4-1-0	L2
New Jersey	6	1	4	1	0	10	21	3	0-3-1-0	1-1-0-0	1-4-1-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	7	4	2	1	0	23	20	9	2-2-0-0	2-0-1-0	4-2-1-0	W3
d-Dallas	5	4	1	0	0	20	15	8	2-0-0-0	2-1-0-0	4-1-0-0	L1
d-Colorado	6	4	2	0	0	19	19	8	1-0-0-0	3-2-0-0	4-2-0-0	W1
Nashville	4	3	0	1	0	13	9	7	2-0-1-0	1-0-0-0	3-0-1-0	L1
Detroit	5	3	1	0	1	14	12	7	1-0-0-1	2-1-0-0	3-1-0-1	W1
Los Angeles	4	3	1	0	0	10	6	6	2-0-0-0	1-1-0-0	3-1-0-0	W2
St. Louis	5	2	1	1	1	14	12	6	2-0-0-0	0-1-1-1	2-1-1-1	L3
Vancouver	5	2	2	0	1	12	12	5	2-0-0-1	0-2-0-0	2-2-0-1	W1
Anaheim	6	2	3	0	1	13	23	5	2-0-0-1	0-3-0-0	2-3-0-1	W1
Edmonton	4	2	2	0	0	12	11	4	2-0-0-0	0-2-0-0	2-2-0-0	L2
Columbus	4	2	2	0	0	10	12	4	1-1-0-0	1-1-0-0	2-2-0-0	W1
Calgary	4	2	2	0	0	8	11	4	2-1-0-0	0-1-0-0	2-2-0-0	W1
San Jose	3	1	1	1	0	7	9	3	1-1-0-0	0-0-1-0	1-1-1-0	L2
Phoenix	4	1	2	1	0	8	10	3	0-1-1-0	1-1-0-0	1-2-1-0	L3
Minnesota	4	1	2	0	1	10	11	3	1-2-0-0	0-0-0-1	1-2-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
N.Y. Islanders 2 Toronto 1 (OT)
Colorado 3 N.Y. Rangers 1
Pittsburgh 5 Ottawa 2
Tampa Bay 5 Dallas 4
Chicago 3 St. Louis 2 (OT)
Sunday's results
Vancouver 5 Carolina 1
Anaheim 3 Phoenix 2
Tonight's games
(All times Eastern)
Boston at Washington, 7 p.m.
Calgary at Nashville, 8 p.m.
Vancouver at Minnesota, 9 p.m.
Carolina at San Jose, 10:30 p.m.

PENGUINS 5, SENATORS 2

First Period
1. Pittsburgh, Letestu 4 (Comrie, Martin) 8:39 (pp)
2. Pittsburgh, Crosby 4 (Goligoski, Malkin) 13:53 (pp)
3. Pittsburgh, Malkin 2 (Comrie, Letestu) 17:02
Penalties — Regin Ott (interference) 2:40, Hutchinson Pgh (cross-checking) 4:55, Ottawa bench (too many men; served by Neil) 7:00, Neil Ott (hooking) 13:00, Neil Ott, Engelland Pgh (fighting) 17:11.
Second Period
4. Ottawa, Alfredsson 1 (Gonchar, Kovalev) 5:40 (pp)
5. Pittsburgh, Dupuis 1 (Lovejoy, Crosby) 10:07
6. Pittsburgh, Letang 1 (Rupp, Adams) 10:32
Penalties — Lovejoy Pgh (cross-checking) 4:07, Hutchinson Pgh (double high-sticking) 19:00.
Third Period
7. Ottawa, Campoli 1 (Spezza, Ruutu) 4:19
Penalties — Gonchar Ott (hooking) 0:31, Neil Ott (double roughing, misconduct), Carkner Ott (holding, fighting), Rupp Pgh (fighting), Lovejoy Pgh (roughing, cross-checking) 8:05.
Shots on goal by

Ottawa	12	11	11	34
Pittsburgh	17	7	5	29

Goal (shots-saves) — Ottawa: Elliott (L,1-2-0)(22-17), Lehner (10:32 second)(7-7); Pittsburgh: B.Johnson (W,4-0-0). **Power plays (goals-chances)** — Ottawa: 1-4; Pittsburgh: 2-4. **Att.** — 18,101 (18,087) at Pittsburgh, Pa.

ISLANDERS 2, LEAFS 1 (OT)

First Period
No Scoring.
Penalties — None.
Second Period
1. N.Y. Islanders, Moulson 3 (Tavares, Nielsen) 2:17
Penalties — Beauchemin Tor (tripping) 0:12, Konopka NYI, Brown Tor (fighting) 12:51, Tavares NYI (goaltender interference) 16:19, Versteeg Tor (slashing) 19:44.
Third Period
2. Toronto, Kessel 5 (Phaneuf, Kaberle) 17:55 (pp)
Penalties — MacDonald NYI (holding) 8:08, Wisniewski NYI (cross-checking) 17:20.
Overtime
3. N.Y. Islanders, Tavares 2 (Wisniewski, Parenteau) 3:26 (pp)
Penalty — Lebda Tor (goaltender interference) 3:07.
Shots on goal by

N.Y. Islanders	8	5	6	1—20
Toronto	8	10	12	0—30

Goal — N.Y. Islanders: Roloson (W,2-1-0), Toronto: Giguere (L,3-0-1). **Power plays (goals-chances)** — N.Y. Islanders: 1-3, Toronto: 1-3.
Att. — 19,086 (18,819) at Toronto.

SCORING LEADERS

	G	A	PT
Hossa, Chi	7	4	11
B.Richards, Dal	2	8	10
Stamkos, TB	5	4	9
Sharp, Chi	6	2	8
Crosby, Pgh	4	4	8
Ovechkin, Wash	4	4	8
Getzlaf, Ana	2	6	8
Kopecky, Chi	1	7	8
Liles, Col	0	8	8
Kessel, Tor	5	2	7
C.Stewart, Col	5	2	7
Letestu, Pgh	4	3	7
D.Sedin, Vcr	4	3	7
Goligoski, Pgh	3	4	7
Neal, Dal	3	4	7
Martin, Pgh	1	6	7
Ribeiro, Dal	0	7	7
H.Sedin, Vcr	0	7	7
MacArthur, Tor	5	1	6
Morrow, Dal	5	1	6

MLB

2010 POST-SEASON

LEAGUE CHAMPIONSHIP SERIES

(BEST-OF-7)
(All times Eastern)
AMERICAN LEAGUE
Texas (W) vs. N.Y. Yankees (WC)
(Texas leads series 2-1)
Last night's result
Texas 8 N.Y. Yankees 0
Tonight's game
Texas (Hunter 13-4) at N.Y. Yankees (Burnett 10-15), 8:07 p.m.
Tomorrow's game
Texas at N.Y. Yankees, 4:07 p.m.
Friday's game
x-N.Y. Yankees at Texas, 8:07 p.m.
Saturday's game
x-N.Y. Yankees at Texas, 8:07 p.m.
NATIONAL LEAGUE
Philadelphia (E) vs. San Francisco (W)
(Series tied 1-1)
Sunday's result
Philadelphia 6 San Francisco 1
Today's game
Philadelphia (Hamels 12-11) at San Francisco (Cain 13-11), 4:19 p.m.
Tomorrow's game
Philadelphia at San Francisco, 7:57 p.m.
Thursday's game
x-Philadelphia at San Francisco, 7:57 p.m.
Saturday's game
x-San Francisco at Philadelphia, 3:57 or 7:57 p.m.
Sunday's game
x-San Francisco at Philadelphia, 7:57 p.m.

RANGERS 8, YANKEES 0

Texas	ab	r	h	bi	New York	ab	r	h	bi
Andrus ss	5	0	1	1	Jeter ss	4	0	0	0
MYong 3b	5	1	3	0	Swisher rf	4	0	0	0
JHmltn cf	5	2	2	2	Teixeir 1b	3	0	0	0
Guerrr dh	4	0	1	0	ARdrgz 3b	3	0	0	0
Borbon pr-dh	0	1	0	0	Cano 2b	3	0	0	0
N.Cruz lf-rf	4	1	1	1	Thams dh	3	0	0	0
Kinsler 2b	4	0	0	0	Posada c	3	0	1	0
Francr rf	3	0	1	0	Grndrs cf	3	0	0	0
DvMrp ph-lf	0	1	0	0	Gardnr lf	3	0	1	0
BMolin c	4	1	1	1					
Morlnd 1b	4	1	1	2					
Totals	**38**	**8**	**11**	**7**	**Totals**		**29**	**0**	**2**	**0**
Texas					**200 000 006**			**8**	
New York					**000 000 000**			**0**	

LOB—Texas 4, New York 3. 2B—Andrus (1), J.Hamilton (1). HR—J.Hamilton (2). SB—Gardner (1).

	IP	H	R	ER	BB	SO
Texas						
Cl.Lee W,1-0	8	2	0	0	1	13
N.Feliz	1	0	0	0	0	2
New York						
Pettitte L,0-1	7	5	2	2	0	5
K.Wood	1	0	0	0	0	0
Logan	0	1	1	1	0	0
D.Robertson	1-3	5	5	5	1	1
Mitre	2-3	0	0	0	0	0

Logan pitched to 1 batter in the 9th.
WP—D.Robertson, Mitre.
Umpires—Home, Jim Reynolds; First, Angel Hernandez; Second, Fieldin Culbreth; Third, Brian Gorman; Right, Tony Randazzo; Left, Gerry Davis.
T—3:18. A—49,840 (50,287) at New York.

TENNIS

ATP IF STOCKHOLM OPEN

At Stockholm, Sweden
Singles
First Round
Stanislas Wawrinka (5), Switzerland, def. Andreas Seppi, Italy, 6-2, 6-2.
Michael Ryderstedt, Sweden, def. Daniel Gimeno-Traver, Spain, 7-6 (3), 6-3.
Jarkko Nieminen, Finland, def. Michael Berrer, Germany, 4-6, 6-1, 6-4.
Doubles — First Round
Eric Butorac, U.S., and Jean-Julien Rojer, Netherlands Antilles, def. Simon Aspelin, Sweden, and Paul Hanley (4), Australia, 7-6 (4), 6-3.

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
SEATTLE MARINERS—Named Eric Wedge manager.

NATIONAL LEAGUE

SAN DIEGO PADRES—Named Dave Roberts first-base coach and agreed to terms with him on a one-year contract. Agreed to terms with bench coach Rick Renteria, bullpen coach Darrell Akerfelds, pitching coach Darren Balsley, third-base coach Glenn Hoffman and hitting coach Randy Ready on one-year contract extensions.
ST. LOUIS CARDINALS—Agreed to terms with manager Tony La Russa on a one-year contract.

BASKETBALL

NBA

HOUSTON ROCKETS—Waived G Antonio Anderson, F Mike Harris, F Alexander Johnson and G Jerel McNeal.

FOOTBALL

NFL

DENVER BRONCOS—Placed WR Matthew Willis on injured reserve.
GREEN BAY PACKERS—Placed TE Jermichael Finley on injured reserve.
NEW YORK GIANTS—Released K Shayne Graham. Claimed OT Jamon Meredith off waivers from Detroit.

HOCKEY

NHL

LEAGUE OFFICE—Suspended Phoenix F Shane Doan for three games for delivering an illegal check to the head of Anaheim F Dan Sexton in an Oct. 17 game.
NASHVILLE PREDATORS—Recalled F Nick Spaling from Milwaukee (AHL).
NEW JERSEY DEVILS—Assigned D Alexander Urbom to Albany (AHL). Recalled D Olivier Magnan-Grenier from Albany.

AHL

HAMILTON BULLDOGS—Assigned D Sebastien Bisaillon and D David Urquhart to Wheeling (ECHL).
HARTFORD WOLF PACK—Signed G Dov Grumet-Morris.
NORFOLK ADMIRALS—Assigned G Jaroslav Janus and F Alex Hutchings to Florida (ECHL).
PROVIDENCE BRUINS—Announced G Matt Dalton was reassigned to Reading (ECHL) and G Adam Courchaine was reassigned from Reading to Alaska (ECHL).

NBA

PRE-SEASON

Last night's results
Orlando 102 Atlanta 73
Charlotte 102 Miami 96
Memphis 96 New Orleans 91
Oklahoma City 111 San Antonio 102
Portland at Golden State
Tonight's games
(All times Eastern)
Philadelphia vs. Cleveland (at Cincinnati), 7 p.m.
Washington vs. Detroit (at Toledo, Ohio), 7 p.m.
New Jersey at New York, 7:30 p.m.
Indiana at Minnesota, 8 p.m.
Oklahoma City at Denver, 9 p.m.
Utah vs. L.A. Lakers (at Anaheim, Calif.), 10 p.m.
Golden State at Phoenix, 10 p.m.
Sacramento at L.A. Clippers, 10:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	29	14	9	6	36	29	48
x-Columbus	29	13	8	8	37	33	47
Kansas City	29	10	13	6	32	34	36
Chicago	29	8	12	9	33	37	33
New England	29	9	15	5	32	48	32
Toronto FC	29	8	13	8	30	39	32
Philadelphia	29	8	14	7	34	46	31
D.C. United	29	6	19	4	19	44	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	29	17	7	5	42	25	56
x-Real Salt Lake	29	15	4	10	43	18	55
x-FC Dallas	29	12	3	14	41	26	50
x-Seattle	29	14	9	6	38	33	48
x-Colorado	29	12	8	9	42	30	45
x-San Jose	28	12	9	7	30	29	43
Houston	29	8	15	6	38	48	30
Chivas USA	28	8	16	4	30	38	28

Note: Three points for a win, one for a tie.
x — clinched playoff berth.
Tomorrow's game
(All times Eastern)
Chivas USA at San Jose, 10 p.m.
Thursday's game
New England at New York, 7:30 p.m.
Saturday's game
Seattle at Houston, 4 p.m.
Toronto FC at D.C. United, 7:30 p.m.
San Jose at Kansas City, 8:30 p.m.
Real Salt Lake at Colorado, 9 p.m.
Chicago at Chivas USA, 11 p.m.
Sunday's game
Philadelphia at Columbus, 4 p.m.
FC Dallas at Los Angeles, 8 p.m.

ENGLAND

PREMIER LEAGUE

Yesterday's result
Blackburn 0 Sunderland 0

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	15	11	4	0	477	375	22
x-Hamilton	15	8	7	0	396	369	16
Toronto	15	7	8	0	286	393	14
Winnipeg	15	4	11	0	411	407	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	15	11	4	0	505	367	22
x-Saskatchewan	15	9	6	0	425	403	18
B.C.	15	5	10	0	384	397	10
Edmonton	15	5	10	0	304	477	10

x — clinched playoff berth
y — clinched division.
Friday's games
(All times Eastern)
Montreal at Hamilton, 7 p.m.
B.C. at Calgary, 10 p.m.
Saturday's games
Toronto at Winnipeg, 4 p.m.
Saskatchewan at Edmonton, 7 p.m.

SCORING LEADERS

x - scored two-point convert

	TD	C	FG	S	Pts
Maver, Cal	0	56	30	3	149
McCallum, BC	0	26	35	1	132
Duval, Mtl	0	37	30	4	131
DeAngelis, Ham	0	35	29	3	124
Congi, Sask	0	41	26	2	121
Prefontaine, Edm-Tor	0	25	22	2	93
Cates, Sask	15	0	0	0	90
Shaw, Tor	0	18	19	6	81
T.Edwards, Wpg	12	0	0	0	72
Palardy, Ham-Wpg	0	18	15	7	70
Bryant, Cal	11	0	0	0	66
x-Green, Mtl	10	2	0	0	62
x-Cobb, Ham	9	1	0	0	56
Robertson, BC	9	0	0	0	54
Bruce, Ham	8	0	0	0	48
Serna, Wpg	0	20	8	4	48
x-Richardson, Mtl	7	2	0	0	44
Lewis, Cal	7	0	0	0	42

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	5	1	0	.833	159	101
New England	4	1	0	.800	154	116
Miami	3	2	0	.600	89	112
Buffalo	0	5	0	.000	87	161

SOUTH

	W	L	T	Pct	PF	PA
Tennessee	4	2	0	.667	162	98
Houston	4	2	0	.667	153	167
Indianapolis	4	2	0	.667	163	125
Jacksonville	3	3	0	.500	110	167

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	4	1	0	.800	114	60
Baltimore	4	2	0	.667	112	95
Cincinnati	2	3	0	.400	100	102
Cleveland	1	5	0	.167	88	125

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	2	0	.600	108	92
Oakland	2	4	0	.333	120	151
Denver	2	4	0	.333	124	140
San Diego	2	4	0	.333	157	126

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	134	118
Philadelphia	4	2	0	.667	153	120
Washington	3	3	0	.500	113	119
Dallas	1	4	0	.200	102	111

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	2	0	.667	130	101
New Orleans	4	2	0	.667	130	108
Tampa Bay	3	2	0	.600	80	111
Carolina	0	5	0	.000	52	110

NORTH

	W	L	T	Pct	PF	PA
Chicago	4	2	0	.667	112	97
Green Bay	3	3	0	.500	139	112
Minnesota	2	3	0	.400	87	88
Detroit	1	5	0	.167	146	140

WEST

	W	L	T	Pct	PF	PA
Arizona	3	2	0	.600	88	138
Seattle	3	2	0	.600	98	97
St. Louis	3	3	0	.500	103	113
San Francisco	1	5	0	.167	93	139

WEEK SIX

Byes: Arizona, Buffalo, Carolina, Cincinnati
Last night's result
Tennessee 30 Jacksonville 3
Sunday's results
Houston 35 Kansas City 31
Indianapolis 27 Washington 24
Miami 23 Green Bay 20 (OT)
Minnesota 24 Dallas 21
New England 23 Baltimore 20 (OT)
New Orleans 31 Tampa Bay 6
N.Y. Giants 28 Detroit 20
N.Y. Jets 24 Denver 20e
Philadelphia 31 Atlanta 17
Pittsburgh 28 Cleveland 10
San Francisco 17 Oakland 9
Seattle 23 Chicago 20
St. Louis 20 San Diego 17

WEEK SEVEN

Byes: Detroit, Houston, Indianapolis, N.Y. Jets
Sunday's games
(All times Eastern)
Buffalo at Baltimore, 1 p.m.
Washington at Chicago, 1 p.m.
Cincinnati at Atlanta, 1 p.m.
Philadelphia at Tennessee, 1 p.m.
Pittsburgh at Miami, 1 p.m.
St. Louis at Tampa Bay, 1 p.m.
Cleveland at New Orleans, 1 p.m.
Jacksonville at Kansas City, 1 p.m.
San Francisco at Carolina, 1 p.m.
Arizona at Seattle, 4:05 p.m.
Oakland at Denver, 4:15 p.m.
New England at San Diego, 4:15 p.m.
Minnesota at Green Bay, 8:20 p.m.
Monday, Oct. 25
N.Y. Giants at Dallas, 8:30 p.m.

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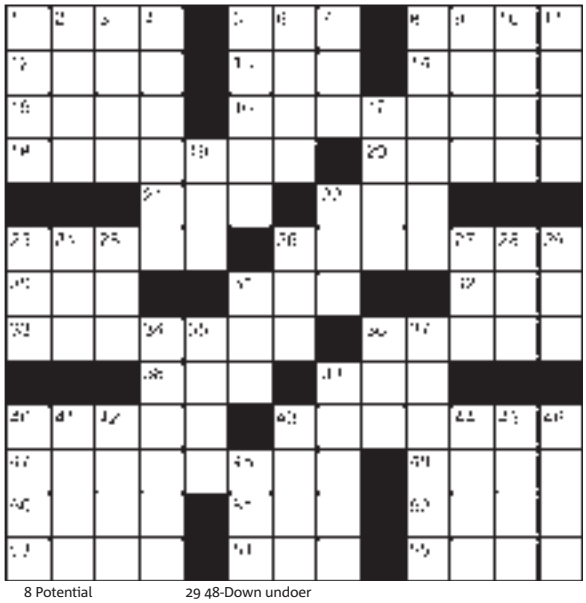
Crossword



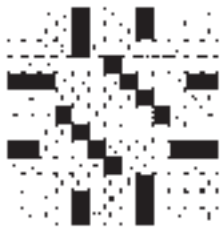
Across

1 Make art with acid
5 Tackle the slopes
8 Volcano output
12 Horse's halter?
13 Melody
14 Not "fer"
15 Forever and ever
16 Green banana-like fruit
18 Keep up
20 Spooky
21 Conclusion
22 Sunbathe
23 Mix together
26 It's near the proscenium
30 Aries
31 Transmit quickly
32 — minute
33 Teetotal, e.g.
36 Smooth
38 "La Cage — Folles"
39 Sermon subject
40 With full force
43 Be relevant (to)
47 Peak
49 Gawk at
50 Shed
51 "Of course"
52 Opposite of blanc
53 Probability
54 Before
55 "Zounds!"

Down

1 Rams fans?
2 Quaker's address
3 Swindles
4 Waste no time
5 Flavourful
6 Potter's oven
7 401(k) alternative
8 Potential
9 Culture medium
10 Henry —who wed 11-Down
11 See 10-Down
17 Approach
19 Moreover
22 "Monkey suit"
23 Support at the top?
24 Retriever type, for short
25 Type squares
26 Metal container
27 Have a bug
28 Tattooist's supply
29 48-Down undoer
31 Repair
34 Poisons
35 Family member
36 Round Table address
37 Chant
39 Just know
40 Bullets and such
41 Disposition
42 "— Lang Syne"
43 Harbor structure
44 Wide-eyed
45 Pelvic bones
46 Target of taunts
48 See 29-Down

▶ Yesterday's answer



Sudoku

	7	4				6		
			7	1				3
8					4			2
		3	9		1		8	
	8			3			1	
	6		2		5	9		
9			1					5
6				9	3			
		2				4	7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	2	9	4	7	8	1	6	5
7	4	6	1	5	2	8	9	3
5	1	8	9	3	6	4	7	2
1	6	2	3	8	9	5	4	7
4	8	3	7	6	5	9	2	1
9	5	7	2	1	4	3	8	6
2	3	1	8	4	7	6	5	9
8	9	5	6	2	1	7	3	4
6	7	4	5	9	3	2	1	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

"Pinky pinky pinky, you are khukhu. Only good. No bad. Do what YOU want and don't be a cc."
Stupidely yours, **ODES.**

To my shmee shmee, the love of my life. From the day I saw your picture and said to my self "she is the one", I have never regretted a day or second that has gone by. You are my love, you are my life, you are everything to me and more. I love you and hope you see this when your doing the crossword.
LIL GUY

DON. Good morning my love! I hope you have a wonderful day. Loving you.
V.

Dear Care Bear,
You're the 'conductive system' of my heart, I just hate needing an 'ECG' to read you. Forgive me for the bet,
HEARTFAILURE

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Other people may seem somewhat evasive today but don't let it worry you because even if they are hiding something from you it won't affect what you are doing.

♉ Taurus April 21-May 21 You need to be 100 per cent honest with yourself today, especially if you have been letting things drift a bit on the work front. There is still time to catch up.

♊ Gemini May 22-June 21 Certain people may be hard to communicate with but don't jump to conclusions and think it's because they don't like you. More likely they have so many other things on their mind that they just don't have time to be sociable.

♋ Cancer June 22-July 22 Only make changes that are absolutely necessary. Things are moving so fast at the moment that any changes you make are likely to be out of date in a matter of days.

♌ Leo July 23-Aug.23 A dream you've been having for many years is close to becoming a reality. All it needs is for you to keep it in your mind at all times and before you know it you will be living it.

♍ Virgo Aug. 24- Sept. 22 You may think you are smart but you could be outdone today by someone who is even more shrewd and calculating than you. Don't just assume you will win — that plays into the hands of your rivals.

♎ Libra Sept. 23-Oct. 23 The only danger today is that you will be a bit too easygoing for your own good. You may be one of the zodiac's nice guys but that does not mean you should leave yourself open to conmen and crooks.

♏ Scorpio Oct. 24-Nov. 22 Today may inspire you to follow your instincts but other aspects warn that even your instincts should be treated with caution.

♐ Sagittarius Nov. 23-Dec. 21 What happens today and tomorrow will invite you to question some of the things you have always taken for granted. Maybe the world isn't such a straightforward place after all.

♑ Capricorn Dec. 22-Jan. 20 If you want to get the best out of life you will have to give your best — and strive to get the best out of the people you work with. The message of the stars today is that you must work hard and play hard.

♒ Aquarius Jan. 21-Feb. 18 It's good to be generous but you should also be aware that the more you give the more some people take. Charity is for those who genuinely cannot help themselves.

♓ Pisces Feb. 19-March 20 Why are you still trying to conform to what other people expect? Set your goals according to what you are trying to achieve, then make the world fit in with your plans. **SALLY BROMPTON**

Caption contest

ITSUO INOUYE/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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